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TRICARE Northwest

Madigan and VA sign sharing agreement

By Ms Sharon D Ayala, MAMC Deputy PAO

MADIGAN ARMY MEDICAL CENTER—

Officials from Madigan Army Medical Center and the Department of Veterans Affairs American Lake Division have entered into an agreement that will better serve the men and women who have so proudly served their country.

Under this new partnership agreement, which was signed Oct. 10, the American Lake's 15-bed inpatient acute care medical-surgical unit will be integrated into Madigan.

"Three months from now, the veterans who currently are hospitalized at that unit at American Lake will be hospitalized here at Madigan," said Brig. Gen. Michael A. Dunn, commanding gen-



L to R, Retired Maj. Gen. Leslie Burger, Network director for Veterans Integrated Service Network 20, Brig. Gen. Michael A. Dunn, commanding general, Western Regional Medical Command and Madigan Army Medical Center, and Timothy B. Williams, director, VA Puget Sound Health Care System.

eral, Western Regional Medical Command and MAMC.

Among some of the programs remaining at the American Lake Division will be a host of active primary care programs, outpatient specialty care, nursing home care, blind rehabilitation, domiciliary programs, medical research, inpatient and outpatient mental health programs (including traumatic stress and substance

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The Health Care Monitor

Respiratory Tech breathes life into wood

Story & Photos by JO1(SW) Stacey Moore Naval Hospital Bremerton **Public Affairs**

As a respiratory technician at Naval Hospital Bremerton, Hospital Corpsman 2nd Class John Osborne helps patients maintain the breath of life. After working hours, the Port Orchard resident, husband and father of two uses his lifelong talent with wood working to breathe life into pieces of wood, creating intricate images through the art of intarsia.

Intarsia is an ancient art form that was perfected in medieval Italy and was the inspiration of both marquetry and inlay. In its present form, different species of woods are cut, sanded and laid into a work of art before resanding, polishing and coating.

Raised on a sailboat in the San Juan Islands. Osborne has been around water and has worked with wood most of his life.

"I have had no formal education in wood working but have picked things up as I grew," he said. "I learned boat building and carving from my father, who taught me to make everything from cedarstrip canoes, to dulcimers and banjoes, to ultra-light and experimental aircraft. I've only been using the scroll saw for the past five years or SO.

"Every job I ever held as a kid involved construction, wood working or boating in some form or another. If I was on the water, making sawdust or driving nails, I was



HM2 John Osborne has been creating intarsia pieces for three years. He is proud of his rose and the jack-o-lantern, his most complex piece. His rose piece was made so perfectly, it was disqualified at last year's county fair. The judges thought it was a carving. (U.S. Navy Photo)

in heaven!" said Osborne.

Osborne worked at the Port of Friday Harbor as a maintenance repairman before joining the Navy 15 years ago. He became a respiratory therapist in 1992. While his Navy career has allowed him to stay on or near the water, the housing situation for naval personnel left him little space for large woodworking projects.

"Since I joined the Navy, I've always been limited by my amount of shop space. When I lived in Jackson Park my shop consisted of my carport storage shed – not much for cabinet making but very cozy for a scroller. I finally worked range from relatively simple to inup the nerve to try Intarsia three years ago and have been hooked ever since."

Osborne hangs his work in his

office at Naval Hospital Bremerton and enjoys putting his work up to tough competition.

"Since I began, I have entered several of my pieces in local fairs and have received a couple of ribbons for my efforts. I won first prize at the San Juan County Fair for my Iwo Jima portrait," Osborne said of his scroll-saw carving depicting the raising of the American flag during WWII. "I was disqualified a year later when my intarsia rose was placed in the wrong category. It was mistakenly judged as a carving. Quite flattering, actually."

Osborne's intarsia projects tricate pieces.

"An average piece can take me a couple nights to create if I stick

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Prescription drugs not always the answer

By Col. George Dydek Chief MAMC Pharmacy Dept.

The likelihood of you receiving a prescription medication the next time you visit a physician is high. In fact, almost two-thirds of all outpatient physician visits end with a prescription being written.

The market for over-the-counter (non-prescription) medications has dramatically increased, providing numerous types of medications for today's consumer. Additionally, the use of herbal agents by consumers has continued to increase adding to the complexity of agents available for the prevention and treatment of diseases.

The week of October 19 to 25 is National Pharmacy Week. This week is an excellent opportunity for you to become more informed about the medications that you are currently taking and allows you to get know your pharmacist. Medicines offer numerous benefits in the treatment of diseases, from the common cold to a major life threatening infection. Medicines can be used in preventive care to decrease the likelihood of acquiring a disease. Whatever the reason for receiving a medication, a key aspect of ensuring the best outcome for you or your family member is to be informed.

Ten years ago there was little information on medications provided to the consumer. In the 1990s, federal legislation cleared the way for the development of patient education on prescription medica-



Col. George Dydek, the Chief of MAMCs Pharmacy Department, checks the label on a medication.

tions. The Food and Drug Administration established a goal of having at least 95 percent of patients who have new prescriptions filled to receive "written, adequate, and useful" information about their are available from national pharmedication by the year 2006. Madigan Army Medical Center (MAMC) Pharmacy provides patient medication information sheets on all new prescriptions.

The following are basic questions that you should have answered prior to taking your prescribed medications:

-The name of the medication and what it's supposed to do.

-How and when to take the medication and for how long.

-What foods, drinks, other medications (prescribed and nonprescribed) and activities should

be avoided.

-Possible side effects and what should be done if they occur.

-Whether the medication will work safely with other prescription or nonprescription medicines.

-What should be done if you miss a dose.

Your MAMC pharmacist can answer the above questions. Additional information on medications and other health related topics could be obtained from resources such as:

-TRICARE Online at: https://www.tricareonline. com

-Drug information is also available through the refill call-in system, by following the telephone prompts.

-Internet sources of information macy organizations and the Food and Drug Administration:

http://www.safemedication.com http://www.bemedwise.org http://www.pharmacyandyou.

http://www.fda.gov/cder/ consumerinfo/default.htm. As a receiver of medications, you are an integral member of the medical education team, along with doctors, nurses, physician assistants, dietitians, and pharmacists. It is both your right and responsibility to receive information about your prescription medication.



Iraq war veteran wants to go back

By Sharon D. Ayala **MAMC Deputy PAO**

You can't tell just by looking at him. But three months ago, Staff Sgt. Raymond Anthony nearly lost his life after his military squad came under rocket-propelled grenade fire while in Iraq. Amazingly, one of the soldiers that assisted in his rescue during the attack was none other than his 28year-old son, Sgt. Gary Ochoa, a former marine.

Anthony, a California National Guard soldier assigned to the 270th Military Police Company recalls with great detail how a routine night patrol mission with his squad turned into a life or death situation.

"We were patrolling along a highway about about 20 minutes away from Baghdad Airport," the California state worker explained. "There were no lights on the highway and we were going about 35 to 40 miles per hour. All of a sudden, there was a big explosion."

Anthony was riding in the front passenger side of his humvee when a rocket-propelled grenade exploded in front of the windshield.

"The vehicle was immediately engulfed in flames," he said. "Were it not for the bulletproof glass, I'm sure it would have taken me out."

Although he was badly injured, the former Vietnam veteran and recipient of six purple hearts managed to find cover along the side of the highway. Injured and in



Staff Sgt. Raymond Anthony, Jr., a recipient of six Purple Hearts holds a photo of him and his son, Sgt. Gary Ochoa, that was taken while he was in

desperate need of a medic, Anthony and his squad held their positions while under enemy fire. Anthony then heard voices nearby. What he didn't know was if those voices were those of the enemy or members of his squad.

"The next thing I knew, my son was coming to provide cover fire for me," Anthony said. "But, he didn't know it was me who was injured, he just knew someone was on the ground and needed help," he said.

nam, Anthony said that he never panicked or feared for his life. Instead, he said that he remained calm.

Eventually, the squad managed to make it back to headquarters. Fortunately, no one else was wounded that night.

Anthony, however, sustained se-

vere injuries to his right arm, two ruptured eardrums and dozens of pieces of shrapnel from the explosion remain in his body today.

After spending several days in a military hospital in Iraq and Kuwait City, Anthony was flown to Landstuhl Army Medical Center in Germany where he received care there for one week before being transferred to Walter Reed Army Medical Center in Wash. D.C.

Today, Anthony is assigned to a reserve unit on North Fort Lewis. He continues to undergo medical treatment at Madigan Army Medical Center for his injuries.

When talking about the war in Iraq, Anthony said that at no time was he ever afraid. He did confess, however, that he is very concerned about his son who is still fighting the war.

"I wasn't worried about him when I was there because I knew what was happening," he said. "But now that I'm not there, I'm concerned about him."

Were it not for his injuries, Anthony says he would not think twice about going back to be with his company.

Anthony joined the Marine Corps at age 16. He earned 30 Having served four tours in Viet- medals and awards as a Marine, and another nine since he joined the National Guard in 1995.

> "I love the military," Anthony exclaimed. "I love the discipline and the camaraderie."

Anthony also has another son, Anthony Ochoa, 31, who is a Marine stationed in Yuma, Ariz.

9-11 Ceremony: morning colors



Naval Hospital Bremerton staff observe morning colors in preparation for a 9-11 ceremony organized by this year's new Chief Petty Officers. The September 11 ceremony was one of several events the then CPO selectees led in preparation for donning their anchors. The CPOs also participated in local community volunteer projects, and classroom and field training in subjects ranging from leadership to fitness to Naval history and tradition.

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to it and stay focused," he said. "Some of my more complex pieces like the beagle or the deer have taken me days and days. The most complicated piece I've ever made would probably have to be one of my Jock-O-Lanterns – over 60 pieces with some of them smaller than your pinky nail."

He pointed out that complexity isn't the only, or even the main, component in a beautiful piece of intarsia. "The trick is to use no paints or stains but to use the color and grain of the various woods to define your piece."

Osborne has a philosophical attitude about his work. "A lot of people think it takes a great

amount of skill and talent to create pieces like this, but really it doesn't. I'd say that it is more about patience and a true love of the craft, which is more important. Even the most complicated piece of intarsia is made one little piece at a time."

Chief Petty Officer pinning ceremony



Naval Hospital Bremerton Command Master Chief Robert L. Finley (left) congratulates Chief Yeoman James Lieveday of Naval Criminal Investigative Service during the Sept. 16 Chief Petty Officer pinning ceremony held at the Naval Hospital. Finley's handshake with each of the newly pinned CPOs was the culmination of an intense six-week CPO initiation process unique to the U.S. Navy. (U.S. Navy Photos).



By Capt. Will Cann Madigan Army Medical Center **Preventive Medicine**

Flu season is just around the corner; in fact, small numbers of influenza cases have already been reported in some parts of the country. The flu is caused by a virus that spreads from infected persons to the nose or

throat of others. The signs and symptoms of flu include fever, cough, sore throat, headache, chills and muscle aches. Anyone can get the flu. Most people are ill with flu for only a few days, but some become very sick and need to be hospitalized. Each year the flu causes an average of 36,000 deaths in the

United States.

ter Orenstein, director of the CDC National Immunization Program, "Influenza vaccination is the best way to prevent influenza and its severe complications." Luckily, no shortage of flu vaccine is anticipated this year. The CDC predicts that everyone wanting the flu

shot to avoid influenza According to Dr. Wal- should be able to get vaccinated. For a schedule of when flu shots will be offered at your Military Treatment Facility please call your MTFs immunization clinic.

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abuse) and the women's programs.

"This move means patients will have greater access to a wide complement of specialty services in the same hospital admission, thus reducing the need to travel to the VA's Seattle Division," said Timothy B. Williams, director, VA Puget Sound Health Care Sys- patients are." tem.

According to VA officials, no VA staff will lose jobs as a result of the transition: some will continue to care for veterans at Madigan while others will be reassigned within VA Puget Sound.

As of now, beginning early next year, Madigan will begin integrating VA patients and some of VA's staff members.

"It is truly a win-win outcome for the veterans of the South Sound area and for the soldiers and families served by Madigan," Dunn said. "From the perspective of our veterans, the level of care that I have observed at American Lake has always been first class. However, a small inpatient unit

has few major specialty capabilities located on-site. The need for an inpatient to be moved to another location if a requirement for specific specialty inpatient care arises can be a real disadvantage for hospitalized veterans. Madigan has that full range of specialty services available right where our

Another benefit to this agreement, according to Dunn, is that by adding this care volume, Madigan can further enhance the value

of its training and readiness platform for its doctors, nurses and the entire staff.



Madigan Army Medical Center photos taken by Mr. Don New U.S. Army,

